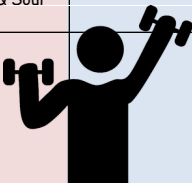



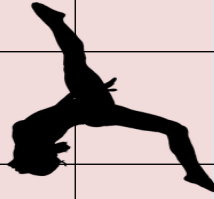
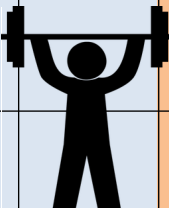


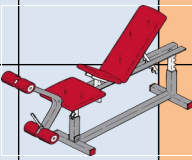


Aktueller Kursplan

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | Sonntag | |
|--|------------------------------------|----------------------------|---|---|-------------------------------------|--|------------------------------|---|---|---|--------|--|--|
| Raum 1 | Raum 3 | Raum 1 | Raum 3 | Raum 1 | Raum 3 | Raum 1 | Raum 3 | Raum 1 | Raum 3 | Raum 1 | Raum 3 | Raum 1 | Raum 3 |
| | 8:30 - 9:25 Rückenfit | | 8:30 - 9:25 Pilates | | 8:30 - 9:25 Rückenfit | | | | 8:30-9:30 Body & Soul | | | | |
| 9:00 - 10:00 Sensitiv- Cycling Zirkeltraining | 9:30 - 10:00 Stretch & Relax | | 9:30 - 10:15 Rückenfit | | 9:45 - 10:45 Ü 60 Karate | 9:30 - 10:30 Indoor- Cycling | 9:30 - 10:30 Zumba Gold | 9:00 - 10:00 Sensitiv- Cycling Zirkeltraining |  | | | | |
| | 10:00 -10:45 Rückenfit | |  | | | | 10:00 -11:00 Reha Sport | | | | | 10:30 -11:30 Cycling Crew-System | 10:30 -11:30 Bodylift |
| | | | | | | | | | | 11:00-12:00 ZOCA | | | |
| 15:45 -16:30 Rheuma Liga | | | |  | |  | |  | | | | | |
| 16:45 -17:30 Rheuma Liga | | 16:00 -17:00 Reha Sport | | | | | | | |  | | | |
| | | 17:00 -18:00 Reha Sport | | 17:00 -17:45 Rheuma Liga | 17:30 -18:15 Rückenfit | | 17:00- 18:00 Zumba Gold | | | | | | |
| 18:30 -19:30 Indoor- Cycling | 18:00 -18:45 PBB | | 18:00-18:55 Zumba | 18:30 -19:30 Indoor- Cycling | 18:15 -19:00 Faszien Training | | 18:00 -18:55 Yoga Pilates | 18:30 -19:30 Indoor- Cycling |  | | | |  |
| | 19:00 -19:55 Pilates | 19:00 -20:00 Rowing | 19:00-20:30 Six/ Bodylift | | 19:00 -19:55 PBB | 19:00 -20:00 Strong- Fitness | 19:00 -20:00 Zumba | | | | | | |
| | | | | | | | | | |  | | | |

Öffnungszeiten: Montag – Donnerstag von 8:00 – 21:00 Uhr, Freitag von 8:00 – 20:00 Uhr, Samstag und Sonntag von 10:00 – 14:00 Uhr